95Le Summit Trainer

OPERATION MANUAL

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08/06

Before using this product, it is essential that this
ENTIRE operation manual and ALL installation instructions be read.

This will help in setting up the equipment quickly
and in instructing others on how to use it correctly and safely.

Avant toute utilisation de ce produit, il est indispensable de lire ce manuel d'utilisation
dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment
l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

NOTE: *This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.*

Class S (Studio): Professional and / or commercial use.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

MISE EN GARDE : Tout changement et toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

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This Operation Manual describes the functions of the following product:

Life Fitness Summit Trainer

95Le

See "Specifications" page in this manual for product specific features.

Statement of Purpose: The Life Fitness Summit Trainer is an exercise machine that combines low-impact pedaling with push/pull arm motion to provide an efficient, effective total body workout.

CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

MISE EN GARDE: Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. Life Fitness conseille VIVEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, ou s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit cesser immédiatement.

1 Getting Started

1.1 Important Safety Instructions

- **WARNING:** The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventive Maintenance section for details.
- **DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.
- **DANGER:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services for assistance.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the Life Fitness Summit Trainer.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.

Location

- Position this product so that the power cord plug is accessible to the user.
- Use the Life Fitness Summit Trainer only as directed in this manual.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Keep the area around the Life Fitness product clear of any obstructions, including walls and furniture. Ensure that there is at least one foot of clearance in front of the Life Fitness Summit Trainer.
- Close supervision is necessary when used by children, invalids or disabled persons.

Operation

- Always follow the console instructions for proper operation.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in this product. If an object should drop inside, carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in the accessory tray water bottle holder. Containers with lids are recommended.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not use this product in bare feet.
- Do not tip the unit on its side during operation.
- Use caution when mounting or dismounting the Life Fitness Summit Trainer. Use the stationary handlebar whenever additional stability is required. While exercising, hold onto the moving arms.
- Never use the Life Fitness Summit Trainer while facing backward.
- Do not stand or sit on pedal lever covers or motor housing.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1 Point de Départ

1.1 Consignes de Sécurité Importantes

- **AVERTISSEMENT –** Pour une utilisation sûre, le produit doit être inspecté régulièrement afin de s'assurer qu'il n'est pas usé ni endommagé. Consultez la section de maintenance préventive pour obtenir de plus amples informations.
- **DANGER –** Pour réduire les risques de décharges électriques, l'appareil Life Fitness doit toujours être débranché avant tout nettoyage ou travail d'entretien.
- **DANGER –** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, tout appareil doit être branché impérativement sur une prise électrique correctement mise à la terre.
- Ne faites jamais fonctionner d'appareil Life Fitness dont le cordon d'alimentation ou la fiche seraient abîmés, qui aurait fait une chute ou qui aurait été endommagé ou partiellement plongé dans l'eau. Appelez le service clientèle de Life Fitness pour obtenir de l'assistance.
- Maintenez le cordon d'alimentation à l'écart des surfaces chaudes. Ne tirez pas l'appareil par son cordon et n'utilisez pas celui-ci comme une poignée. Ne faites pas passer le cordon sur le sol, sous le tapis de course, ni le long de l'appareil.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.

Emplacement

- Placez ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Utilisez le Life Fitness Summit Trainer uniquement comme indiqué dans ce manuel.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Maintenez la zone autour de l'appareil exempte de toute obstruction, y compris murs et meubles. Veillez à laisser un dégagement d'au moins 30 cm devant la machine.
- Une étroite surveillance est nécessaire en cas d'utilisation par des enfants, des personnes invalides ou handicapées.

Fonctionnement

- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Ne faites jamais fonctionner de produit Life Fitness dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- N'insérez jamais d'objet dans les ouvertures de cet appareil. Tout objet accidentellement tombé à l'intérieur doit être récupéré. Si vous ne pouvez pas l'atteindre, consultez le service après-vente de Life Fitness.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf dans le support pour bouteille du plateau d'accessoires. Il est recommandé d'utiliser des gobelets munis d'un couvercle.
- Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talons, de semelles en cuir ou à crampons. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Maintenez les vêtements lâches, les lacets et les serviettes à l'écart des pièces en mouvement.
- N'utilisez pas cet appareil sans chaussures.
- Ne renversez pas l'appareil sur le côté pendant son fonctionnement.
- Montez et descendez avec précaution du Life Fitness Summit Trainer. Utilisez la barre fixe lorsque vous avez besoin de renforcer votre équilibre. Pendant les exercices, saisissez les bras mobiles.
- Ne montez jamais à l'envers sur le Life Fitness Summit Trainer.
- Ne vous tenez pas debout ni assis sur les capots des leviers de pédales ou sur le capot du moteur.

CONSERVEZ CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

1.2 Integrated LCD Features

The Integrated LCD Console on the Life Fitness Summit Trainer brings together the best LCD technology and the best cardio equipment. It combines eye-catching entertainment with an interactive exercise experience.

Integrated LCD Features on the Life Fitness Summit Trainer Include:

- **Touchscreen Display:** This integrated, intuitive touchscreen features built-in intelligence. This gives exercisers the freedom to watch their favorite TV program and monitor their entire workout progress at the same time, all on one screen.
  See Section 2.2 *Display Console Descriptions, Workout Progress*.
- **Ergonomic Viewing:** The ergonomically-positioned viewing angle provides optimal comfort and reduces glare. Plus the protective layer on the Touchscreen Display eliminates direct contact and preserves the life of the LCD screen.
- **Easy Start-up:** It's no longer necessary to pedal to get started. Instead, choose and set up a workout, and begin pedaling when the workout begins.
  See Section 4.2 *Using the Workouts*
- **Improved Interface:** The sharp screen image, and attractive graphics makes the screen easier to read and to use. There are no complicated steps to setting up a workout—simply choose a workout, enter values and get started.
  See Section 4.2 *Using the Workouts*
- **New Help Files:** Now, choosing a workout can be an informed decision. Simply select the question mark on the workout selection screen to access help files, which give explanations of each of the workouts.
  See Section 2.2 *Display Console Descriptions, Workout Selection, Help*
- **Workout Flexibility:** Choosing a different workout "on the fly" is as simple as selecting a button, and choosing a new workout. And now there are two ways to change a workout parameter mid-workout—either use the keys on the Control Panel, or use the buttons on the Touchscreen Display.
  See Section 4.2 *Using the Workouts, Changing/Ending Workouts, Switching Workouts "On the Fly"*
- **Better Monitoring:** The Touchscreen Display shows all relevant workout statistics at one glance.
  See Section 2.2 *Display Console Descriptions, Workout Progress*
- **New Time Views:** Lets the user choose the most motivating time display for them. Time can be viewed as Elapsed Time, Remaining Time, or Hidden Time. Changing time views is as simple as touching a button.
  See Section 2.2 *Display Console Descriptions, Workout Progress, Elapsed Time*.
- **More Options for Managers:** More ways for managers to monitor statistics, track usages, setup custom workouts, and record personalized messages. Channel setup for the TV allows managers to control which channels are displayed on the TV, how channels are numbered and dedicate channels for promotional and security use.
  See Section 5 *System Options Menu*
- **Secure Channel:** Lets the manager dedicate and secure a single TV channel. A password can be assigned for access to a secure channel.
  See Section 5.2 *Configuration Menu, Secure Channel.*
- **Promo Channel:** Lets the manager dedicate a single TV channel for promotional use.
  See Section 5.2 *Configuration Menu, Promo Video.*
- **FM Radio:** Managers now have the ability to enable FM radio. Channel setup for FM Radio allows managers to control which channels are available to a user.
  See Section 2.2 *Display Console Descriptions, Workout Progress, Elapsed Time.*
- **Marathon Mode:** The new Marathon Mode option, when enabled, allows users to workout indefinitely.
  See Section 4.2 *Using the Workouts, Using Marathon Mode.*
- **User Language Selection:** Managers can now configure the display to prompt a user for a choice of language by which to interact with a program. Choose any combination of available languages to create a customized user language selection list.
  See Section 5.2 *Configuration Menu, User Language.*

1.3 SETUP

Read the Operation Manual before setting up the Life Fitness Summit Trainer.

ELECTRICAL POWER REQUIREMENTS

The Life Fitness Summit Trainer requires an AC power supply according to the electrical configurations listed in the chart below.

Supply Voltage (VAC)	Frequency (Hz)	Rated Current (Amps)
100	50 / 60	1.6
110	50 / 60	1.6
120	50 / 60	1.6
200	50 / 60	.8
220	50 / 60	.8
230	50 / 60	.8
240	50 / 60	.8

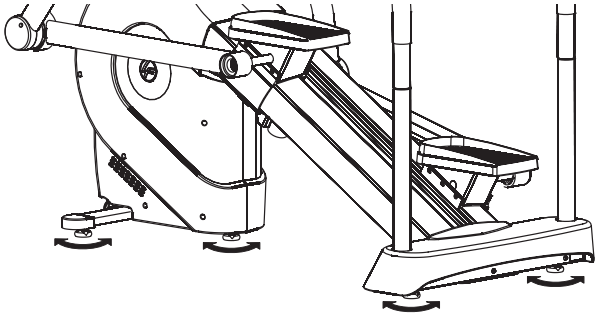
NOTE: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

WHERE TO PLACE THE LIFE FITNESS SUMMIT TRAINER

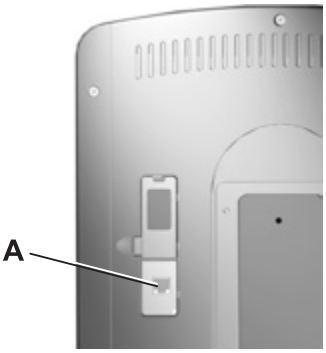
Following all safety instructions in Section 1.1, move the Life Fitness Summit Trainer to the location in which it will be used. See Section 7, titled *Specifications,* for the dimensions of the footprint. Allow one foot of clearance in front of the Life Fitness Summit Trainer to allow for movement of the total-body arms.

HOW TO STABILIZE THE LIFE FITNESS SUMMIT TRAINER

After placing the Life Fitness Summit Trainer in position, check the unit for stability by attempting to rock the unit. Any slight rocking indicates that the unit must be leveled. There are a total of (5) feet on the Life Fitness Summit Trainer for stability. The (2) rear feet under the rear step should require no adjustment. The (1) middle leveler should be adjusted last and is only for support, not leveling. Check the (2) front levelers to determine which foot does not rest fully on the floor. Rotate the foot counterclockwise to lower it. Recheck the stability and adjust again as needed until the unit is stable and no longer rocks. Lower the middle leveler until it contacts the floor. Lock the adjustment nut on both the (2) front and middle levelers by tightening the jam nut with a 17 mm wrench.



Fitness Networking



One type RJ45 networking port (A) allows the Life Fitness Summit Trainer to be connected to a network, such as FitLinxx™ interactive fitness network.

Fitness network: The network connection enables the console to upload user workout statistics to a fitness network database or to download remotely stored information, such a pre-set workout program. See Section 4.2, titled *Using the Workouts*, for information on logging onto a network.

This port is located on the back of the console and is enclosed by a removable cover. Any use of the port for other than its intended purpose could void the product warranty.

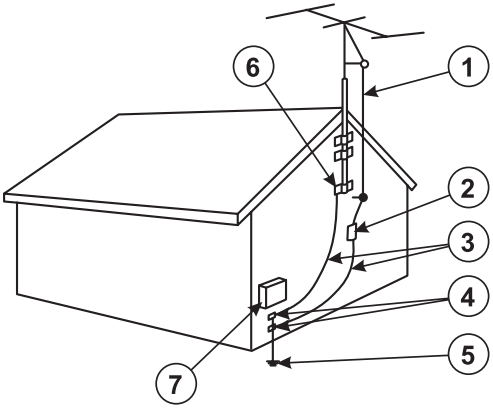
Cable TV Hook-Up

Note to the CATV Installer:

This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

Antenna Grounding According to the NEC

Antenna Grounding According to the National Electrical Code, ANSI/NFPA 70.



1. Antenna lead in wire
2. Antenna discharge unit (nec section 810-20)
3. Grounding conductors (nec section 810-21)
4. Ground clamp
5. Power service grounding electrode system (nec article 250, part h)
6. Ground clamp
7. Electric service equipment

NOTE: The TV aspect of the LCD Console can only receive a analog signal. Digital cable must be externally converted to an analog signal. A 75-ohm external antenna terminal for VHF/UHF (>43dBuV (@75ohm) or > 65.8dBm) TV signal input must be present before TV setup can occur.

Life Fitness is not responsible for the installation of CATV service or components required for the delivery of CATV service.

2 The Display Console

2.1 Display Console Overview

The computerized display console allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to the next.

The console consists of two parts:

The Touchscreen Display: The Touchscreen Display (the LCD screen) allows the user to easily choose a workout, set it up, and monitor it.

The Control Panel: The Control Panel consists of the keys on the bottom part of the console housing. These keys allow quick changes to workouts “on the fly,” provide easy access to TV controls, and allow for screen cleaning without activating the Touchscreen Display.

2.2 Display Console Descriptions

This section lists and describes the functions for the buttons on the Touchscreen Display and the keys on the Control Panel on the Life Fitness Summit Trainer. See Section 4, titled *The Workouts*, for detailed information on using the console to set up workouts.

Touchscreen Display

The Touchscreen Display allows the user to move from screen to screen by simply selecting buttons to access other screens. The Touchscreen Display enables users to access:

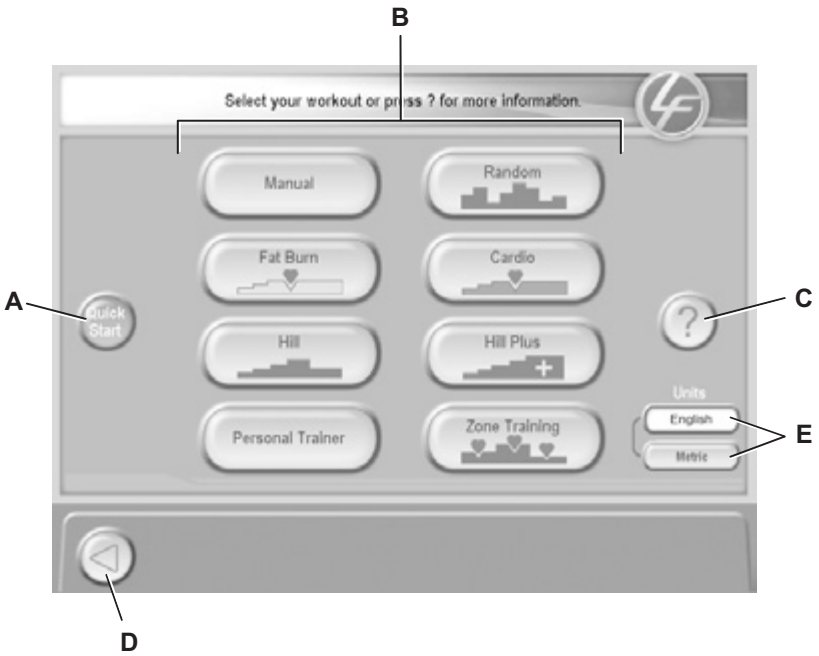
1) **Workout Selection** — choose a workout.

2) **Workout Setup** — enter workout values and goals.

3) **Workout Progress** — monitor progress, edit workout goals, and access TV viewing.

1) Workout Selection

Touch the Welcome Screen anywhere to start and enter the Workout Selection screen. Use the Workout Selection screen to choose a workout, access QUICK START, or to access the Help Screens.



A. QUICK START: Select this button to enter directly into a workout, bypassing any setup or goal setting. Once started, the user can then make adjustments to the workout. Choose LEVEL to determine the level of intensity, and ENTER WEIGHT so that METs, Watts, and Calories Burned/Calories per Hour can be computed and displayed as workout statistics. (See Workout Progress later in this section for more information on using Aerobics and Reverse Modes.) Select the COOLDOWN button on the Control Panel to enter a Cooldown Phase.

B. WORKOUT SELECTIONS: Allows the user to choose from eight different programs. **MANUAL, RANDOM, FAT BURN, CARDIO, AND HILL** lead straight into workout setup screens. **HILL PLUS, ZONE TRAINING, AND PERSONAL TRAINER** give additional workout selections.

Choose **HILL PLUS** for **AROUND THE WORLD, KILAMANJARO, INTERVAL, CASCADES, SPEED TRAINING,** and **FOOTHILLS.**

Choose **ZONE TRAINING** for **HR Hill, HR Interval,** and **EXTREME HR.**

Choose **PERSONAL TRAINER** for **CROSS-TRAIN AEROBICS** and **LIFE FITNESS FIT TEST.**

NOTE: Custom Workouts must be pre-configured by a training professional before they can be accessed by users. See section 5.1 Manager's Configuration, *Custom Workouts* for instructions on how to configure these customized workouts.

See Section 4.1 *Workout Overviews* for a description of each workout.

Buttons with a heart symbol access workouts that require heart rate monitoring. For more information, see *Workout Profile Window* under *Workout Progress.*

C. HELP (?): Select the HELP button to access help buttons for each of the workouts. Use these buttons to get a detailed explanation of each of the workouts.

D. BACK (◁): Select BACK to move backward one screen.

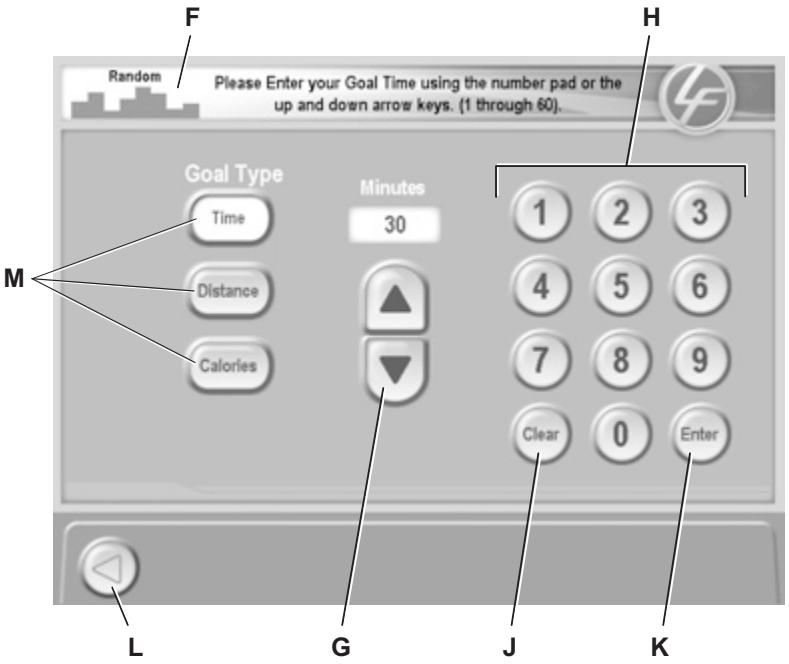
E. UNITS: (if enabled) Select the unit format for display. Choose from English or Metric.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144.*

2) WORKOUT SETUP

WORKOUT SETUP screens are accessed automatically upon selection of a workout program. They allow the user to enter values or to choose a goal for the workout selected. These depend on the workout, but might include goal type (time, distance or calories), level, age, weight, and target heart rate* (for heart rate programs).

Workout Setup



F. MESSAGE AREA: Shows the user what workout is currently being set up. It also prompts the user for needed information or gives explanations.

G ARROW BUTTONS: Use the UP and DOWN arrows to adjust workout values/goals such as length of workout, weight, age, target heart rate, and intensity level. Press ENTER to record the selection.

H. NUMERIC KEYPAD: Another way for the user to enter workout parameters. Key in the desired number on the keypad and press ENTER.

J. CLEAR: Clears any entry and returns the default setting.

K. ENTER: Press this button after entering a value to register the value and move to the next screen.

L. BACK (◁): Returns to the previous screen.

M. GOAL TYPE: Select a desired workout goal type. Choose from Time, Distance, Calories, Time in Zone or Marathon Mode (if enabled).

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144.*

Types of Workout Setup Screens

Goal Setup Screens

- **Goal Type:** The default setting of Goal Type is TIME (length of workout). Allows the user to choose a predetermined length of time for the workout.

  Users may also choose a more advanced Goal Type such as DISTANCE, CALORIES, or TIME IN ZONE (only available for heart rate programs) and Marathon Mode (if enabled).

  For Distance, Calories, and Time in Zone, the length of the workout depends on how long it takes to reach the goal. The workout continues until the goal is met. To exit early, either choose COOLDOWN from the Control Panel to go immediately into the Cooldown Phase, or choose CHANGE WORKOUT to access a different program. For more information, see Section 4.2 *Using the Workouts, Selecting a Goal Type.*

  For information on how to set, and get maximum benefit from, these type of workout goals consult a Personal Trainer. For further information on Zone Training see section 3.1 of *Heart Rate Zone Training* titled *Why Heart Rate Zone Training Exercise?*

- **Level:** Choose the programmed intensity level of the workout. Levels range from 0 to 25.
- **Target Heart Rate:** (heart rate workouts only) Gives a recommended heart rate* according to age. For **Fat Burn**, the target heart rate is computed at 65% of the theoretical maximum† heart rate . For **Cardio**, the target heart rate is computed at 80%. For more information on Target Heart Rate, see Section 3, *Heart Rate Zone Training Exercise*.

Value Setup Screens

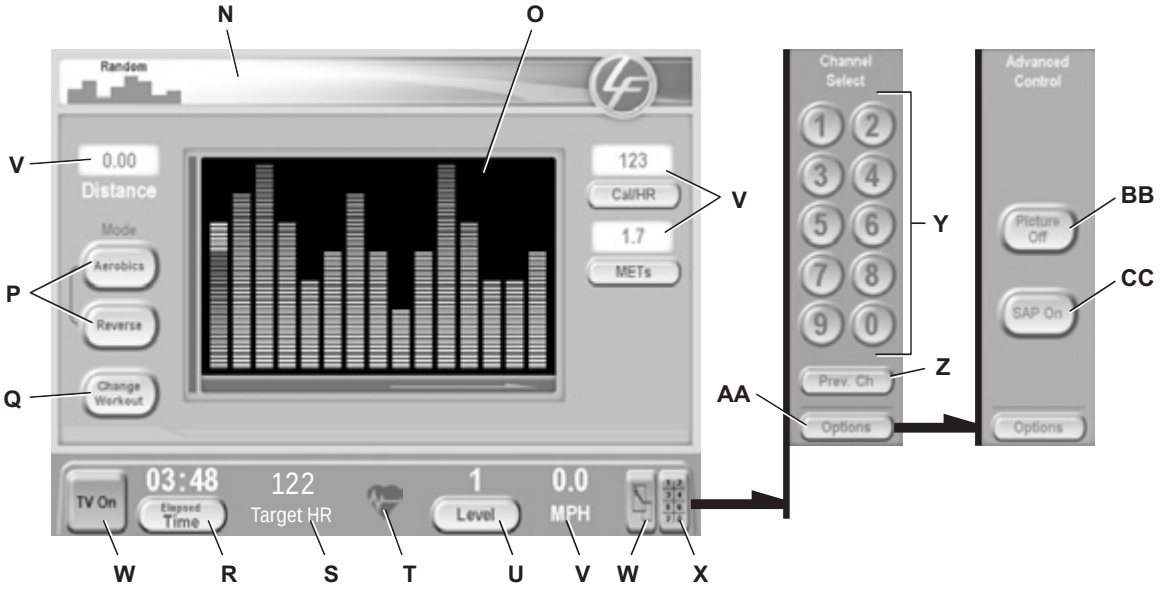
- **Weight:** Entering an accurate weight allows calories to be more accurately calculated, and enables Calories Burned, Calories per Hour, Watts and METs to appear on the Workout Progress screen.
- **Age:** Allows heart programs to accurately determine target heart rate.
- **Gender:** For accurate Fitness Testing.

† Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

3) Workout Progress

The Workout Progress screen opens automatically upon completion of the setup, signaling the user to start the workout. The Workout Progress screen allows the user to monitor the progress of the workout. It provides a visual representation of the workout as it proceeds and monitors Distance, Calories, Watts, METs, Time, Level and Speed (depending on which workout is selected). From here TIME, LEVEL, MODE (Aerobics or Reverse) and TARGET HEART RATE* can be changed at any point during a workout. This screen also allows access to TV viewing.



N. MESSAGE AREA: Shows the user the workout type, prompts the user for needed information, and explains concepts.

O. WORKOUT PROFILE WINDOW: This window displays the levels of intensity in a workout-in-progress as proportional columns. The height of the column furthest to the left is proportional to the current level of intensity. (When the TV is on it covers this window.)

*During a **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** or **EXTREME HEART RATE** workout, which requires the use of a Polar heart rate chest strap or the Lifepulse™ system sensors, the WORKOUT PROFILE window displays a flashing heart shape to request the user's heart rate signal. If the console does not detect a signal, the MESSAGE AREA displays the prompt, "NEED HEART RATE- PLACE HANDS ON LIFEPULSE SENSORS OR USE TELEMETRY STRAP" and beeps three times. If the console does not receive the signal within three minutes, the workout automatically is converted to a **MANUAL** program.

P. MODE: Use Mode to choose Aerobics Mode.

- AEROBICS: Select this button to activate a workout mode in which the Message Area displays prompts that vary the workload and emphasize different muscle groups during the workout. It can be used with any workout, except for Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval or Extreme Heart Rate.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

Q. CHANGE WORKOUT: Choose this button to go back to the workout selection screen and choose a new workout, or to change a goal type or value, while retaining workout progress. To change workout programs mid-workout, choose the new program, enter any remaining values, and press ENTER. To return to the current workout without making any changes, choose BACK. Select RESET on the workout selection screen to clear all the stored information about the current workout, before changing to a new program.

To adjust a goal type (Calories, Distance, or if in a heart rate program, Time in Zone) or choose a different goal while retaining workout progress, select CHANGE WORKOUT, and then ADJUST GOAL which accesses the goal type screen defaulted to the current goal type and value. To change the goal value, use the arrow buttons or the numerical keypad, change the value, and then select ENTER. To change the goal type, choose a different goal, enter a value and select ENTER.

R. ELAPSED TIME: Use this button to change the length of the workout, or to choose a different view for time. ELAPSED TIME is the default view, but time can also be viewed by REMAINING TIME, or HIDDEN TIME. To change the time view select ELAPSED TIME, choose a different time view and press ENTER.

To change the length of a workout midstream, press the ELAPSED TIME button which also accesses Goal Time. Then use the arrow buttons or the numerical keypad, make the adjustment and select ENTER. (Use the arrow keys on the Control Panel directly underneath ELAPSED TIME to change length of workout time without leaving the Workout Progress Screen.)

NOTE: Changing the length of a workout by using the TIME ELAPSED button has no effect on the time elapsed, which is an ongoing measurement of the time already spent in a workout.

S. TARGET HEART RATE: (for heart rate workouts only) Displays the target heart rate* the user has specified in the workout setup screens. Can be changed anytime during a workout, by using the arrow keys directly below it, or by touching the TARGET HEART RATE button on the Touchscreen and accessing the Target Heart Rate Workout Setup Screen.

T. ACTUAL HEART RATE: Displays the heart rate if the user grasps the Lifepulse sensors or wears a Polar-compatible heart rate chest strap. **NOTE:** Heart rate can be checked on any of the screens, whether before a workout begins, or during a workout.

U. LEVEL: Displays the programmed intensity level. Select LEVEL and then use the arrow buttons or the numerical pad to make a new selection. Press ENTER. (Use the arrow keys on the Control Panel directly underneath Level to change the level of exertion without leaving the Workout Progress Screen.)

V. WORKOUT STATISTICS: Continually updates the workout progress by showing Distance, Calories Burned (switches between calories burned and calories per hour), Watts/METs, Heart Rate (on any workout if the user is grasping the Lifepulse sensors of wearing a telemetry strap), Target Heart Rate* and MPH (the pedaling speed in miles per hour, or kilometers per hour).

Cal/Hr and METs/Watts have buttons beneath the displays which give added functionality. These buttons can be used to lock the display or to force the display to toggle. To lock the display, (for instance, turn off the toggle so only calories burned is displayed) simple press the button once while the desired setting is displayed. To toggle (for instance, if METs is displayed to change the display immediately to Watts) press the button twice in succession.

W. TV SELECTION: TV ON/OFF accesses the TV, and enables the Channel and Volume keys on the Surrounding Console. TV ZOOM (far bottom right) toggles the user between large and small screen TV viewing.

X. CHANNEL CONTROLS: Accesses the Channel Select keypad on the touchscreen.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

Y. NUMERICAL KEYPAD: Use to enter a new channel selection.

Z. PREVIOUS CHANNEL: Select this button to change the channel to the immediately previous channel viewed.

AA. OPTIONS: Use to access channel interface menu options. Advanced Control is accessible by default. If enabled, Favorites and Channel List channel selection menus are also accessible.

ADVANCED CONTROL: Use to access advanced picture/audio control menu. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

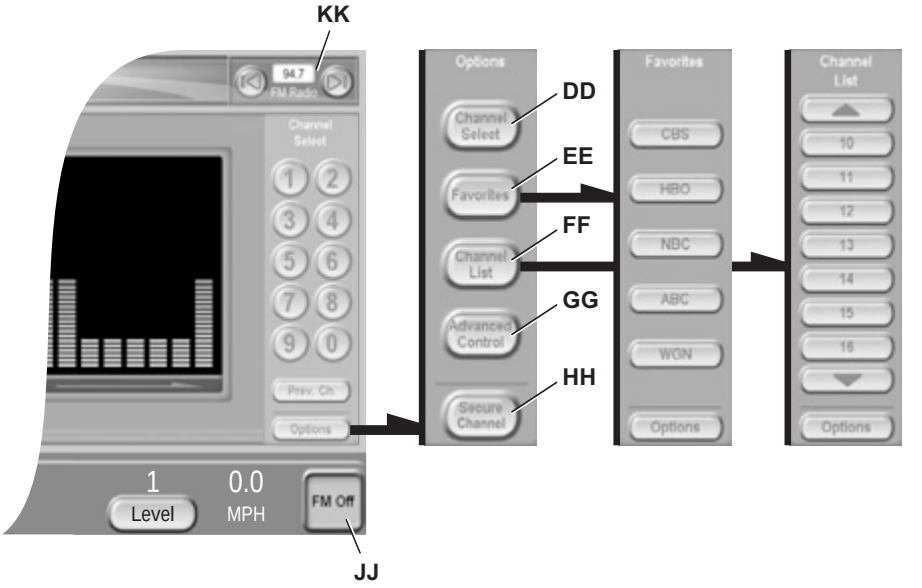
BB. PICTURE OFF: Use to disable TV video. Allows only the TV audio to be heard. Reset TV video using the picture on button in the upper right of the display. Picture on is not available for channels pre-configured for audio only.

CC. SAP OFF: Use to enable Second Audio Program. SAP is used to receive audio in another language or to receive Descriptive Video Service broadcast on multi-channel stereo television sets.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

Optional Channel Selection Menus

If Favorites and/or Channel List options are enabled, an Options menu will be enabled for selecting a desired channel selection interface.



DD. CHANNEL SELECT: Accesses the Channel Select keypad.

EE. FAVORITE: If enabled, use to toggle to Favorite Channel selection. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

FF. CHANNELS LIST: If enabled, use to toggle to Channel List selection. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

GG. ADVANCED CONTROL: Use to access advanced picture/audio control menu. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

HH. SECURE CHANNEL: If enabled, use to access a dedicated channel for non-broadcast usage. This channel may require a password for viewing. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

JJ. FM SELECTION: FM On/OFF: If enabled, use to access FM Radio. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

KK. FM CONTROLS: If enabled, use to access available FM Radio stations. Use the seek forward and back buttons to select the next available station. See Section 5.1 *System Options Menu, TV / FM Radio Settings* for more information.

Additional buttons appearing in the Workout Progress Screen for different workouts:

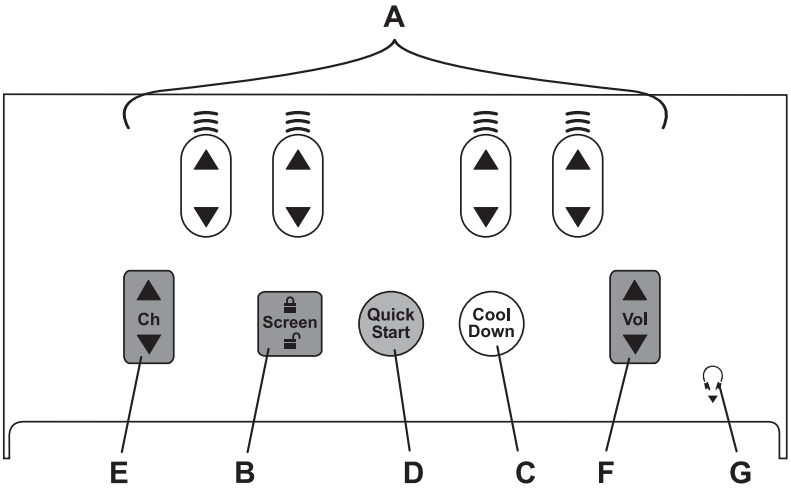
TIME IN ZONE: Displays the accumulated time that the heart rate stays within the selected target zone* for a Heart Rate Zone Training workout. See section 3, titled *Heart Rate Zone Training Exercise*, for more information.

ENTER WEIGHT: Appears in the Quick Start workout. Choose ENTER WEIGHT so that METs, Watts, and Calories Burned/Calories per Hour can be computed and displayed as workout statistics.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

CONTROL PANEL

The Control Panel allows the user to control workout and TV parameters without leaving the Workout Progress screen. It also provides a quick and easy way for maintenance staff to clean the Touchscreen Display without activating the screen.



A. ARROW KEYS: When in the workout phase, the UP and DOWN arrow keys are used in combination with the Touchscreen Display. These keys allow the user to make changes to a workout goal during the workout. Each set of arrow keys controls the goal located directly above it on the Touchscreen Display.

Changeable information (i.e. a workout goal) either appears as a button (Time, Level, or Target Heart Rate*) or is accessible through CHANGE WORKOUT, ADJUST GOAL (Calories, Distance, and for heart rate programs Time in Zone). Workout statistics are not changeable.

For example, use the arrow keys under ELAPSED TIME to change the goal time for the session. Workout statistics, such as speed, cannot be changed. As described above, workout goals may also be changed by touching the corresponding button on the Touchscreen Display and accessing the corresponding Workout Setup screens.

B. SCREEN LOCK/UNLOCK: (Cannot be used during a workout.) Freezes the screen for the purpose of routine maintenance/ screen cleaning. The screen automatically unlocks after ten seconds. Pressing SCREEN LOCK a second time will unlock it as well.

C. COOLDOWN: Workout programs end automatically in a Cooldown Phase, which lowers the intensity level. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness.

Press the COOLDOWN key to enter the Cooldown stage at any point during the workout. Each workout's Cooldown level is automatically adjusted according to the individual user's performance. (Cooldown times are preset in proportion to the duration of a workout.) The Cooldown time can be changed by using the corresponding arrow keys on the Control Panel. At the end of Cooldown, a workout summary box appears.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

D. QUICK START: Choose this to enter directly into a workout, bypassing setup screens

E. CH: Channel control for the TV.

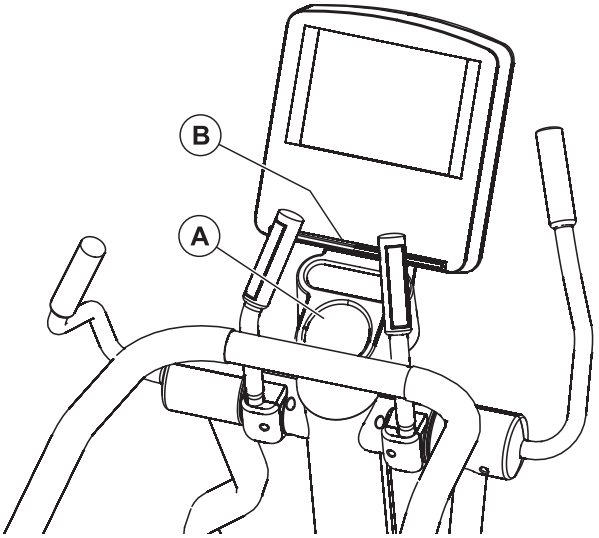
F. VOL: Volume control for the TV.

G. : Headphone jack for sound playback.

NOTE: Headphones are necessary to access the sound for the TV. The jack is located on the Control Panel on the lower right. The jack is a user-replaceable feature. Contact Life Fitness Customer Support Services for more information. (See Section 6.7 “How to Obtain Product Service.”)

2.3 The Accessory Trays and Reading Rack

The accessory tray (A), which is mounted near the base of the console, provides storage for items such as water bottles, personal stereos, and cell phones. Additionally, an integrated reading rack (B) for supporting a book or magazine is located at the base of the upper panel of the console.



** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

3 Heart Rate Zone Training Exercise

3.1 Why Heart Rate Zone Training Exercise?

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness heart rate zone training approach to exercise.

Zone training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The values within the zone depend on the workout.

NOTE: *Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.*

ZONE TRAINING

FAT BURN = LOW INTENSITY
CARDIO = HIGH INTENSITY

AGE	65%	80%
10	136	168
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	104
100	78	96

SUGGESTED TARGET
HEART RATE AS % OF MAX
ACSM HEART RATE RANGE:
55% - 90%

The Life Fitness Summit Trainer features exclusive workouts designed to take full advantage of the benefits of heart rate zone training exercise: **FAT BURN**, **CARDIO**, **HEART RATE HILL**, **HEART RATE INTERVAL**, and **EXTREME HEART RATE.** The Time in Zone Goal option, another feature of heart rate zone training, enhances these workouts by setting a certain duration within the target zone as a workout goal. For detailed information about the workouts, as well as the Time In Zone Goal option, see Section 4, titled *The Workouts*.

During one of these workouts, grasp the Lifepulse system sensors continuously, or wear the Polar® heart rate chest strap to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the resistance level to maintain the target heart rate* based on the actual heart rate. To change the target heart rate during a workout, use the LEVEL ARROW keys.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117*

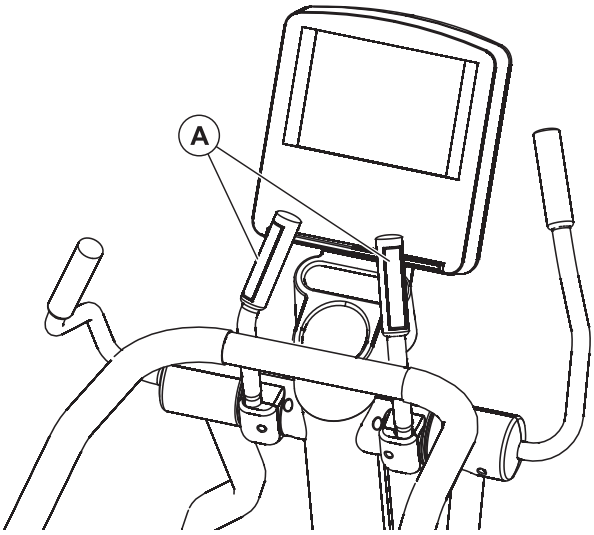
3.2 Heart Rate Monitoring

The Lifepulse™ Digital Heart Rate Monitoring System

The patented Lifepulse system sensors are the built-in heart rate monitoring system on the Life Fitness Summit Trainer. For the most accurate reading possible, during a workout:

- Grasp the sensors (A) firmly, but do not squeeze tightly.
- Hold each sensors at the vertical midpoint.
- Keep hands steady and in place.

The console displays the heart rate within 20 to 30 seconds (typical) after the user grasps the sensors.



THE POLAR® TELEMETRY HEART RATE MONITORING CHEST STRAP

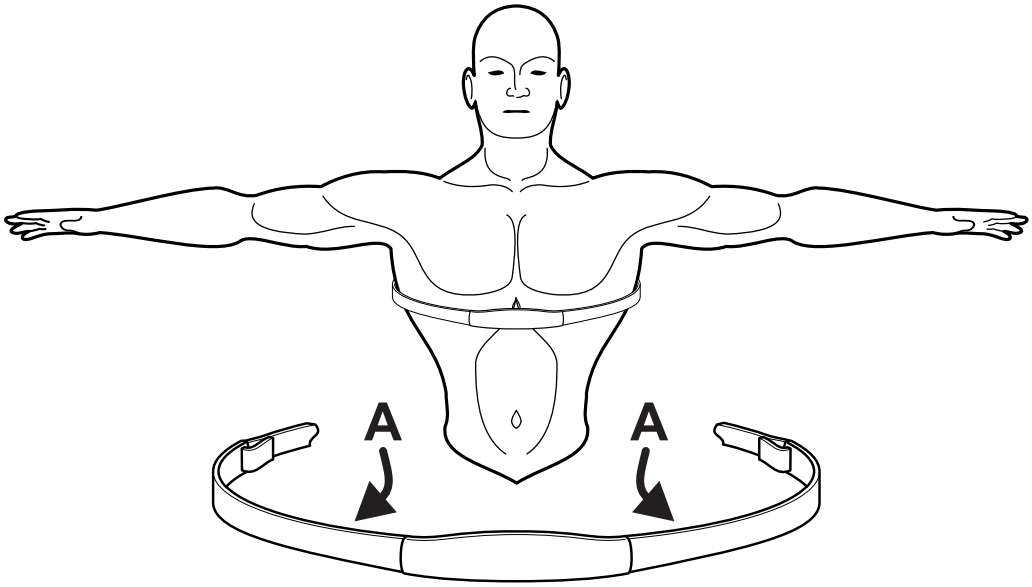
The Life Fitness Summit Trainer is equipped with Polar® heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is optional. To order it, call Life Fitness Customer Support Services. See Section 6.4, titled *How to Obtain Product Service*.

See the diagram below for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with skin. However, it also functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and moisten them.

NOTE: *If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses the sensor signals for calculating the heart rate instead of those transmitted with the chest strap.*



† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* *Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the* ***HEART RATE HILL*** *workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144.*

4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

This section lists the Life Fitness Summit Trainer's pre-programmed workouts. For more detailed information, see Section 4.2, titled *Using the Workouts*.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. After the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically.

MANUAL is a workout in which the intensity level does not change automatically.

HILL is an interval-training workout combining "hills" and "valleys" of different intensity levels, which is proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

FAT BURN is a low-intensity workout for burning the body's fat reserves. The user must wear a Polar heart rate chest strap, or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at *65* percent of the theoretical maximum†.

CARDIO is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user must wear a Polar heart rate chest strap, or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at *80* percent of the theoretical maximum† .

ZONE TRAINING are workouts that target specific ranges, or zones, for maintaining a heart rate to achieve maximum exercise results. Zone Training workouts include:

HEART RATE HILL consists of three hills based on the target heart rate*. The user must grasp the Lifepulse system sensors continuously or wear a heart rate chest strap.

HEART RATE INTERVAL alternates between a hill and a valley based on the target heart rate. The user must grasp the Lifepulse system sensors continuously or wear a heart rate chest strap.

EXTREME HEART RATE alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. The user must grasps the Lifepulse system sensors continuously or wear a heart rate chest strap.

HILL PLUS are workouts in which intensity levels increase and decrease in set patterns. The following workouts may be accessed with this button:

AROUND THE WORLD is an interval-training workout in which the hills resemble scenes of various geographical areas.

FOOTHILLS is a rolling hill workout with low intensity levels.

KILIMANJARO is a Hill workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

INTERVAL is a Hill workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.

CASCADES is a two-peak workout in which intensity levels gradually increase and decrease.

SPEED TRAINING is a Hill workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed-training workout.

PERSONAL TRAINER workouts are customized workouts designed either for the advanced user or to be used in connection with a personal trainer. These workouts include:

CROSS-TRAIN AEROBICS simulates the experience of working with a personal trainer. The user is prompted at different times to emphasize pushing, pulling, total body, lower body, speed changes. This versatile workout promotes maximum cross-training benefits.

LIFE FITNESS FIT TEST measures cardiovascular fitness compared to other people of the same age and gender.

4.2 Using the Workouts

This section provides detailed information on setting up and using workouts. For quick-reference setup steps, see the chart at the end of the section.

1) Beginning a Workout

To mount the Life Fitness Summit Trainer, grasp the handrails and carefully step on the pedals. To dismount, step off the pedals while still holding the handrails. Then let go of the handrails.

Without networking, touch the screen to START. The Message Area displays the prompt: “Select your workout or press ? for more information.” Choose a workout program to begin.

If equipped with optional networking, touch the screen to START. The Message area displays the prompt: “SELECT YOUR WORKOUT, ENTER YOUR NETWORK ID, OR PRESS ? FOR MORE INFORMATION” and an “NETWORK ID” button will appear on the Workout Selection Screen. Select a workout, or log on to the networked exercise database and download the preset workout.

To log onto the network, press NETWORK ID and key in the user ID number with the NUMERIC KEYPAD. Press ENTER.

Selecting and Using Quick Start

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout program. On the start screen press the QUICK START button. The workout begins at an intensity level that remains the same unless manually changed. Choose ENTER WEIGHT so that METs, Watts, and Calories Burned/Calories per Hour can be computed and displayed as workout statistics.

2) Selecting a Workout

When prompted to select a workout, select the desired workout button. The touchscreen will then bring up the corresponding Workout Setup Screens which include level, age, weight, target heart rate*, Watts and METs. Press ENTER after each selection to record it. After values are set, the workout progress screen appears and the workout begins.

For **MANUAL**, **FAT BURN**, **HILL, RANDOM**, and **CARDIO** choose the corresponding button to enter directly into the workout setup screens.

For **HEART RATE HILL**, **HEART RATE INTERVAL**, and **EXTREME HEART RATE** choose **ZONE TRAINING** and then make a selection.

For **CROSS-TRAIN AEROBICS** and **LIFE FITNESS FIT TEST** choose **PERSONAL TRAINER** and then make a selection.

For **AROUND THE WORLD**, **KILIMANJARO**, **INTERVAL**, **CASCADES**, **SPEED TRAINING**, and **FOOTHILLS** select **HILL PLUS** and then make a selection.

3) Entering Workout Goals

Selecting a Goal Type

Goal Type defaults to TIME (length of workout). When prompted to enter a Goal Time, use the ARROW KEYS to increase or decrease the displayed time to the desired value, or key in the desired value with the NUMERIC KEYPAD, and press ENTER.

Workouts can be programmed to target certain types of goals other than the default time goal:

- Distance
- Calories
- Time in zone (for heart rate workouts only)

The **Distance Goal** feature is designed to build endurance. The user sets a distance goal during the workout setup. Once the goal is met, the workout automatically goes into a Cooldown Phase and ends afterward. To use this feature:

1. Select a workout (the distance goal is available for any of the workouts.)
2. In the Goal Type setup screen, choose DISTANCE, enter the desired distance goal, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

The **Calories Goal** feature is designed to promote weight loss and weight control. The user sets a calorie goal during the workout setup. Once the goal is met, the workout automatically goes into a Cooldown Phase and ends afterward. To use this feature:

1. Select a workout (the calorie goal is available for any of the workouts.)
2. In the Goal Time setup screen, choose CALORIES, enter the desired calorie goal, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

The **Time in Zone** goal enhances a heart rate workout by setting a certain duration within the target heart rate* as a workout goal. The program automatically alters the resistance to maintain a pace that will meet that objective within that duration. Once the objective is met, the workout automatically goes into a Cooldown Phase. To use the Time In Zone Goal feature:

1. Select either **FAT BURN, CARDIO,** or any of the Zone Training workouts including **HEART RATE HILL, HEART RATE INTERVAL,** or **EXTREME HEART RATE**.
2. In the Goal Time setup screen, choose TIME IN ZONE, enter the desired amount of time, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

NOTE: Time in Zone is directly correlated to fitness level. Since the program will continue to increase resistance until the goal is met, it may be wise to start low and work towards a higher goal. Choose Cooldown at any time, to exit the workout and immediately enter a Cooldown Phase.

For help setting Time in Zone goals, consult a personal trainer. For more information on Heart Rate Zone Training, see Section 3.1 *Why Heart Rate Zone Training?*

† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* *Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the* ***FAT BURN*** *workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117.*

Selecting and Adjusting the Intensity Level

When prompted, use the ARROW keys to increase or decrease the displayed intensity level or target heart rate* to the desired value, or choose the desired value with the NUMERIC KEYPAD, and press ENTER. Adjust the level as needed or desired during the workout.

- Intensity level: The Life Fitness Summit Trainer provides a selection of 26 intensity levels (0 to 25). The resistance is independent of speed. The Workout Profile Window displays the levels of intensity in a workout-in-progress as proportional columns. The height of the column furthest to the left is proportional to the current level of intensity. Selecting a low intensity level at first is recommended. As physical conditioning improves, the levels can increase.
- Target heart rate: Programs that calculate a target heart rate* base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the Polar heart rate chest strap or the Lifepulse system sensors; and it uses this data to adjust the resistance. Manually raising the rate increases the intensity of the cardiovascular exercise.

4) Entering Workout Values

AGE: When prompted to enter Age, use the ARROW KEYS to increase or decrease the displayed age to the correct value, or key in the correct value with the NUMERIC KEYPAD, and press ENTER.

Life Fitness Summit Trainer workout programs that set a target heart rate* zone first calculate the user's theoretical maximum heart rate† by subtracting the user's age from the number 220. The programs then calculate the target zone as a percentage of the theoretical maximum.

WEIGHT: Select weight and press enter. Entering an accurate weight allows for a more accurate calorie calculation and for Watts and METs to be computed and displayed.

GENDER: Select gender and press enter. (Only used for the Fitness Testing workouts)

5) Selecting a Workout Mode

Aerobics Mode provides another option for varying workouts. **NOTE:** Aerobics Mode is not available on any of the heart rate workouts.

- **Aerobics Mode**: A workout mode in which the Message Area displays prompts that vary the workload and emphasize different muscle groups during the workout. To select Aerobics Mode, under Mode press the AEROBICS button.

To use the mode feature during a workout:

1. Select any program that does NOT require a heart rate measurement.
2. Set up the program through the setup screens.
3. Begin the workout.
4. On the workout progress screen, beneath Mode, choose AEROBICS. The Message Center will signal you that you have entered Aerobics mode.
5. Continue the workout.
6. To exit the mode feature mid-workout, select the button again for the mode currently being used to deselect it. To change modes mid-workout, select the alternate mode button.

6) Changing/Ending Workouts

Switching Workouts "On-the-Fly"

It is possible during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts "on the fly," simply press CHANGE WORKOUT and then choose a new workout. To switch to a new workout, and restart the progress information, choose CHANGE WORKOUT and then RESET.
NOTE: All workouts can be switched "on-the-fly" (retaining progress information) except for HIll Plus workouts. To change from a Hill Plus workout to another workout, the user must select CHANGE WORKOUT and RESET (losing workout progress).

Changing Workout Goals During a Workout

It is possible during a workout, to change a workout goal (Time, Distance, Calories, and Time in Zone for heart rate programs). To adjust a goal type or choose a different goal, select Change Workout, and then ADJUST GOAL which accesses the goal type screen defaulted to the current goal type and value. To change the goal value, use the arrow buttons or the numerical keypad, change the value, and then select Enter. To change the goal type, choose a different goal, enter a value, and select ENTER. After the switch, the console retains all the progress information about the workout since its beginning.

Pausing Workouts

To pause a workout, simply stop pedaling. An EXIT WORKOUT button appears. Selecting EXIT WORKOUT takes the user out of the workout, back to the Welcome Screen. To continue the workout, resume pedaling. The pause duration defaults to 1 minute (configurable by the manager), after which, the console returns to the Welcome Screen.

7) Using Marathon Mode

If Marathon Mode is enabled, a Marathon Mode button will appear in the time entry screen when configuring a workout. Selecting Marathon Mode sets the workout to an unlimited time workout. The workout can then be ended only by the user.

Within a workout, Marathon Mode can be changed by pressing the Time Key. Pressing the Time Key makes it possible to set a time goal as long as it's not less than the time already spent in the workout. A new time goal must be set and entered to override Marathon Mode.

† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

** Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). A 40-year-old user's recommended THR for the FAT BURN workout is 117, or 65 percent of the maximum, so the equation would be (220-40)*.65 = 117.*

*** Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). A 40-year-old user's recommended THR for the CARDIO workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80 = 144.*

4.3 Workout Descriptions

Quick Start

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level and stay in the Workout Progress screen, press the UP or DOWN ARROW KEYS on the Control Panel, corresponding to the LEVEL button. Level can also be changed by touching the LEVEL button on the Touchscreen Display, and then changing the level using the arrow buttons or the numeric keypad and pressing ENTER.

For Calories Burned and Calories per Hour to be computed and displayed during a workout, select the ENTER WEIGHT button which is required to calculate these values. Using the ARROW KEYS, increase or decrease the displayed weight to the correct value, or enter weight using the NUMERIC keypad, and press ENTER to register.

Manual

The **MANUAL** program sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired, using the arrow keys.

Random

The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible. Because workout levels are greater in this workout than in the HILL workout, it is recommended that the RANDOM workout be set one or two levels lower than the workout level which would normally be selected in the HILL workout.

Fat Burn

The **FAT BURN** workout is designed to maintain a user's heart rate at 65 percent of the theoretical maximum† for optimal results. Throughout the workout, the user wears a chest strap or grips the Lifepulse system sensors. If the user is not wearing a chest strap or grasping the sensors, the WORKOUT PROFILE window displays a heart shape, and the display prompts the user to grip the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the Life Fitness Summit Trainer to reach and maintain the target*. This system eliminates over- and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

Cardio

The **CARDIO** workout is virtually identical to **FAT BURN**; however the target heart rate** is calculated at 80 percent of the theoretical maximum. The user wears a chest strap or grips the Lifepulse system sensors.The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

SUMMIT TRAINER WORKOUT SETUP STEPS

NOTE: AFTER ENTERING A VALUE (AGE, WEIGHT, HEIGHT, GENDER) OR A GOAL (TIME, LEVEL, THR), PRESS ENTER TO REGISTER THE SELECTION.

QUICK START
- Select QUICK START
- Begin workout
- Modify level
- Enter weight if desired

RANDOM
- Select RANDOM
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

MANUAL
- Select MANUAL
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

FAT BURN*
- Select FAT BURN
- Enter weight
- Enter goal type and value
- Enter age
- Accept THR**
- Begin workout

HILL
- Select HILL
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

CARDIO*
- Select CARDIO
- Enter weight
- Enter goal type and value
- Enter age
- Accept THR**
- Begin workout

CHOOSE PERSONAL TRAINER TO ACCESS ANY OF THE FOLLOWING:

CROSS-TRAIN AEROBICS
- Select CROSS-TRAIN AEROBICS
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

LIFE FITNESS FIT TEST**
- Select FIT TEST
- Enter weight
- Enter age
- Enter gender
- Enter level
- Begin workout

CUSTOM WORKOUTS
- Select CUSTOM WORK-OUTS
- Choose workout
- Enter weight
- (If custom workout type is Level)
- Begin Workout
- (If custom workout type is Target Heart Rate)
- Enter Age.
- Begin Workout

CHOOSE HILL PLUS TO ACCESS ANY OF THE FOLLOWING:

AROUND THE WORLD
- Select AROUND THE WORLD
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

KILAMANJARO
- Select KILIMANJARO
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

INTERVAL
- Select INTERVAL
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

CASCADES
- Select CASCADES
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

SPEED TRAINING
- Select SPEED TRAINING
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

FOOTHILLS
- Press FOOTHILLS
- Enter weight
- Enter goal type and value
- Select level
- Begin workout

CHOOSE ZONE TRAINING TO ACCESS ANY OF THE FOLLOWING:

HEART RATE HILL*
- Select HEART RATE HILL
- Enter weight
- Enter time
- Enter age
- Accept THR**
- Begin workout

HEART RATE INTERVAL*
- Select HEART RATE INTERVAL
- Enter weight
- Enter time
- Enter age
- Accept THR**
- Begin workout

EXTREME HEART RATE*
- Select EXTREME HEART RATE
- Enter weight
- Enter time
- Enter age
- Accept THR**
- Begin workout

** This workout requires the user to wear the polar heart rate chest strap or the grip the Life pulse sensors.*

*** Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117.*

HILL

The Life Fitness-patented **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The WORKOUT PROFILE window represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training.

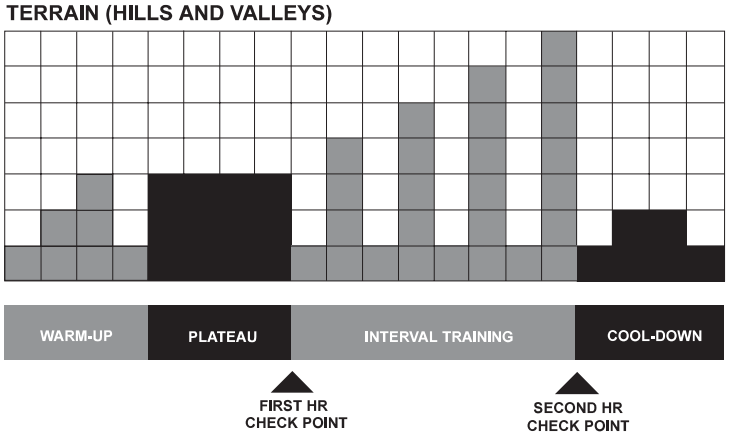
Each **HILL** workout goes through four phases, each marked by different intensity levels. The WORKOUT PROFILE window displays the progress of these phases, as seen in the chart following these descriptions below. As noted in the descriptions, the heart rate should be measured at two stages in the workout to gauge its effectiveness. To do so, wear the chest strap or continuously grip the Lifepulse system sensors. Note that the message area does not display a request for a heart rate measurement during a **HILL** workout.

1 **Warm-up** is a phase of low, gradually-rising resistance, which brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.

2 **Plateau** increases the intensity slightly, and keeps it steady, to bring the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.

3 **Interval Training** is a series of increasingly steeper hills, alternating with valleys (or periods of recovery). The heart rate should rise to the high end of the target zone. Check the heart rate at the end of this phase.

4 **Cooldown** is a low-intensity phase that allows the body to begin removing lactic acid and other exercise by-products, which build up in muscles and contribute to soreness.



Each column, as seen in the WORKOUT PROFILE window and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. Each workout is made up of 20 intervals, so the duration of each interval is equal to the duration of the entire workout divided by 20.

10 to 19 minutes: The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute added by the user “on the fly,” each interval increases by three seconds.
A 15-minute workout consists of 20 intervals at 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the workout is completed.

HILL PLUS

The Life Fitness patented **HILL PLUS** workouts give even more ways to vary interval training. Based on the same principles as the HILL workout, Hill Plus workouts are customized to resemble different locations/training scenarios to add variety and challenge to Hill workouts

1) AROUND THE WORLD

An interval-training workout in which the hills resemble scenes of various geographical areas.

2) CASCADES

A two-peak workout in which intensity levels gradually increase and decrease.

3) FOOTHILLS

A rolling hill workout with low intensity levels.

4) INTERVAL

A Hill workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.

5) KILIMANJARO

A Hill workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

6) SPEED TRAINING

A Hill workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed-training workout.

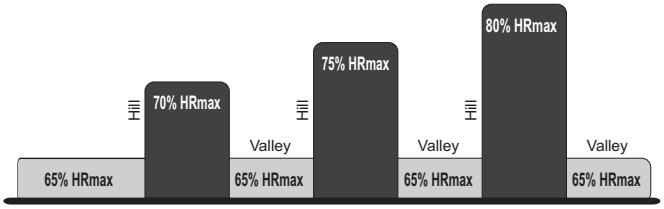
ZONE TRAINING

Zone Training workouts target specific ranges, or zones, for maintaining a heart rate to achieve maximum exercise results.

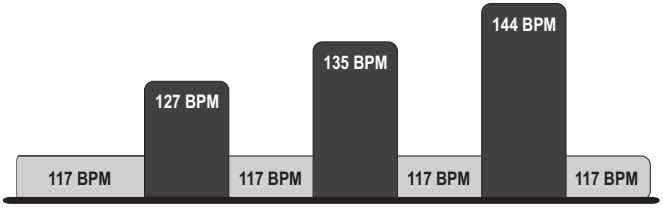
1) HEART RATE HILL™

This program combines the standard **HILL** workout profile with the concept of Heart Rate Zone Training. The default target heart rate* is calculated as 80 percent of the theoretical maximum† (HRmax), but the user can adjust the target rate during the workout setup. All hills and valleys are percentages of HRmax. The workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 70 percent of HRmax. The second hill increases the rate to 75 percent of HRmax. The third hill matches the Target Heart Rate bringing the heart rate to 80 percent of HRmax. The valley always is defined as 65 percent of HRmax.

After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 70 percent of HRmax, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 65 percent of HRmax, the valley continues for one minute. Then the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. At the end of the duration, the workout goes into a Cooldown Phase. If the heart rate goes above the theoretical maximum for more than 45 seconds, the cross-trainer automatically goes into pause mode. The program does not proceed to a new heart rate goal until the user reaches the current goal. The user must wear a heart rate chest strap or grip the Lifepulse sensors throughout the workout.



HEART RATE HILL Workout Profile



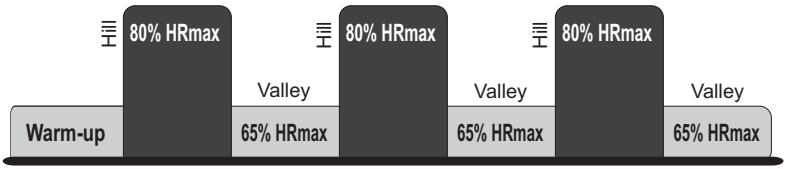
User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BPM)

† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

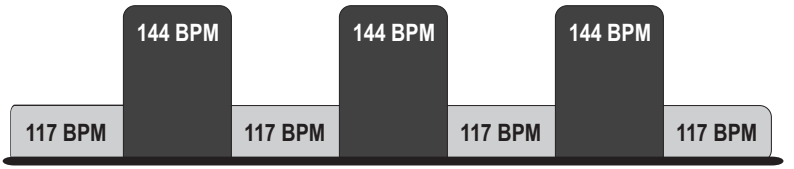
** Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). A 40-year-old user's recommended THR for the HEART RATE HILL workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80 = 144.*

2) HEART RATE INTERVAL™

This program also combines the standard **HILL** workout profile with the concept of Heart Rate Zone Training. The default target heart rate* is calculated as 80 percent of the theoretical maximum† (HRmax), but the user can adjust the target rate during the workout setup. The workout alternates between a hill, which brings the heart rate up to the target rate of 80 percent of HRmax, and a valley, which brings the heart rate down to 65 percent of HRmax. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then the level decreases into a valley. Once the 65 percent of HRmax goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. At the end of the duration, the workout goes into a Cooldown Phase. If the heart rate goes above the theoretical maximum† for more than 45 seconds, the cross-trainer automatically goes into pause mode. The program does not proceed to a new heart rate goal until the user reaches the current goal. The user must wear a heart rate chest strap or grip the Lifepulse sensors throughout the workout.



HEART RATE INTERVAL Workout Profile



User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BPM)

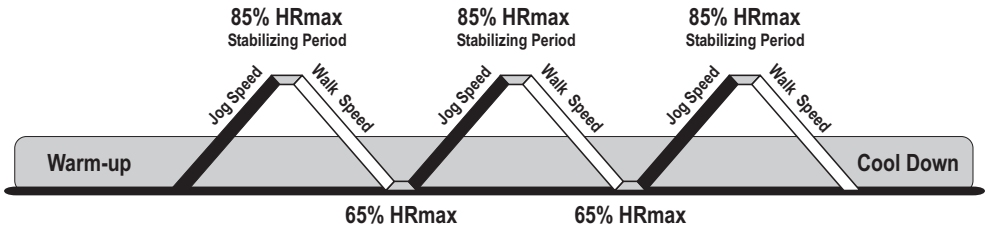
† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* *Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). A 40-year-old user's recommended THR for the HEART RATE INTERVAL workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80 = 144.*

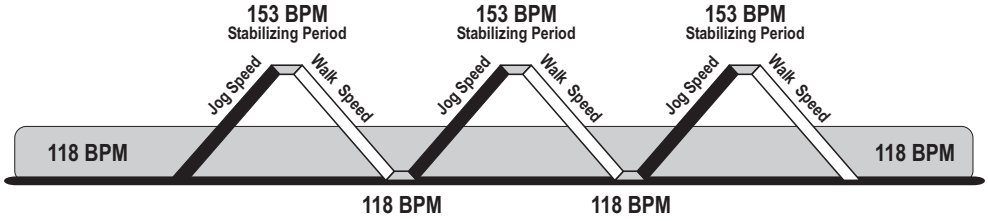
3) EXTREME HEART RATE™

This intense, varied workout is designed to help more experienced users break through fitness improvement plateaus. The workout alternates between two target heart rates* as quickly as possible. The effect is similar to that of running sprints. The user must wear a chest strap or grip the Lifepulse™ sensors throughout the workout.

When setting up the workout, the user enters a target heart rate. After a standard three-minute warm-up, the intensity increases, until the user reaches the target heart rate goal of 85 percent of the theoretical maximum† (HRmax). That target rate is maintained for a stabilizing period. Then, the intensity decreases. When the heart rate falls to the 65 percent of HRmax goal, it is maintained there for a stabilizing period. The program repeats the alternating of intensity levels, continuing this pattern throughout the duration. The program does not proceed to a new heart rate goal until the user reaches the current goal.



EXTREME HEART RATE Workout Profile



User Example 85 percent of theoretical maximum (HRmax) (40 year old / 153 recommended BPM)

† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

** Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). For example, a 40-year-old user's recommended THR for the EXTREME HEART RATE™ WORKOUT is 153. The workout program targets a standard 85 percent of the maximum, so the equation would be (220-40)*.85 = 153.*

Personal Trainer

Personal Trainer workouts are customized workouts designed either for the advanced user or to be used in connection with a personal trainer.

1) Cross-Train Aerobics

During this workout, the unit prompts the user to emphasize different muscle groups. To emphasize upper-body muscles, the user is prompted to focus on pushing and pulling the moving arms at various times. To emphasize lower-body muscles, the the user is prompted to rest the hands on the stationary handlebar, thus forcing the legs to do all the work.

CROSS-TRAIN AEROBICS is a constant-resistance workout. However, for a similar experience with a variable-resistance-level workout, the user can start any workout (except for Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, or Extreme Heart Rate) and then under Mode select AEROBICS.

2) Life Fitness Fit Test

The Life Fitness Fit Test program is another exclusive feature of this versatile cross-trainer. The Life Fitness Fit Test measures cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors when prompted or wear a heart rate chest strap, as the test score calculation is based on a heart rate reading. The workout duration will be five minutes at the chosen resistance level. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score, and display the score in a results window.

The Fit Test is considered to be a submax VO2 (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles, and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.

To set up the Fit Test:

- Choose PERSONAL TRAINER, then LIFE FITNESS FIT TEST.
- Go through the setup screens for the Fit Test, including WEIGHT, AGE, AND GENDER. Press Enter after each selection to record the entry.
- Choose a workout level (ENTER LEVEL). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the NUMERIC BUTTONS or UP/DOWN ARROW BUTTONS to enter the corresponding level.
- As the test continues, a message will prompt the user to maintain a pedaling rate of 50-60 rpm (equivalent to 4.2-5.5 mph). The user must maintain this rate throughout the 5-minute test duration. After 16 seconds, if this speed is not maintained, the fit test will automatically terminate.

After the five-minute FIT TEST is completed, a FIT TEST score will be displayed.

Fit Test Program Suggested Exertion Levels

	Inactive	Active	Very Active
Summit Trainer Fit Test Level	L1-4 men	L5-9 men	L10-15 men
	L1-3 women	L4-7 women	L8-12 women

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate (220-age).

Within each suggested range, these additional guidelines can be used:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight*
shorter	taller

* In cases of excessive weight, use lower half of range.

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (182 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

If an error is made when entering any Fit Test data, correct it by pressing CLEAR, inputting the correct information, and pressing ENTER.

It is important to take the Fit Test under similar circumstances each time. Heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time of last meal (two to four hours after the last meal is recommended)
- time of last beverage containing caffeine or alcohol, or of a cigarette (at least four hours is recommended)
- time since last exercise (at least six hours is recommended)

For the most accurate Fit Test results, perform the Fit Test on three consecutive days and average the three scores.

NOTE: To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate. This rate is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

The tables below list fit test results.

Relative Fitness Classification for Men

Men	Estimated VO2 Max (ml/kg/min) Per Age Category				
Rating	***20-29***	***30-39***	***40-49***	***50-59***	***60+***
Elite	52+	51+	48+	45+	42+
Excellent	50-51	48-50	46-47	42-44	39-41
Very Good	47-49	45-47	43-45	40-41	36-38
Above Average	44-46	42-44	40-42	37-39	33-35
Average	41-43	39-41	37-39	34-36	30-32
Below Average	38-40	36-38	34-36	31-33	27-29
Low	35-37	33-35	31-33	28-30	24-26
Very Low	<35	<33	<31	<28	<24

Relative Fitness Classification for Women

Women	Estimated VO2 Max (ml/kg/min) Per Age Category				
Rating	***20-29***	***30-39***	***40-49***	***50-59***	***60+***
Elite	44+	42+	39+	35+	34+
Excellent	42-43	40-41	37-38	33-34	32-33
Very Good	39-41	37-39	35-36	31-32	30-31
Above Average	37-38	35-36	32-34	29-30	28-29
Average	34-36	32-34	30-31	27-28	25-27
Below Average	31-33	29-31	27-29	25-26	23-24
Low	28-30	27-28	25-26	22-24	20-22
Very Low	<28	<27	<25	<22	<20

Life Fitness developed this rating scale based on VO2 max percentile distributions referenced in *American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription"* (6th Ed. 2000). It is designed to provide a qualitative description of a user's VO2 max estimation, and a means of assessing initial fitness level and tracking improvement.

4.4 CUSTOM WORKOUTS

Using the console, fitness club managers and other authorized personnel can create up to six custom workouts for the Life Fitness Summit Trainer. Options include custom interval heart rate and hill workouts.

Interval heart rate: The trainer can design a workout that sets a different target heart rate* for each interval and adjusts the resistance to the user's heart rate.

Hill: The trainer can create a custom hill workout that sets a different intensity level for each interval.

USING CUSTOM WORKOUTS

Once **CUSTOM** workouts are created, users can access them through the Custom Workout button. Each custom workout is identified by a numeral, from 1 to 6. To select these workouts, press the PERSONAL TRAINER key. When prompted by the MESSAGE CENTER, press the number corresponding to the desired workout using the NUMERIC keypad. Then press ENTER and begin the workout.

CREATING A PERSONAL TRAINER WORKOUT

When the console is activated, hold down the COOLDOWN button and press the PERSONAL TRAINER button simultaneously.

Using the ARROW keys, scroll to, and select, the “PERSONAL TRAINER WORKOUT ENTRY” option and press ENTER. (If the alternate option, “ERASE PERSONAL TRAINER WORKOUTS”, is selected, the computer deletes setup information for all **PERSONAL TRAINER** workouts and the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUTS ERASED". Then the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUT ENTRY").

Select a number, from 1 to 6, to identify the new workout. Use the NUMERIC keypad or the ARROW keys. Then press ENTER.

If a **PERSONAL TRAINER** workout already has been created for that number, the MESSAGE CENTER displays a prompt to either modify the workout or proceed to another number. Pressing the CLEAR key overwrites the previously created workout, making it possible to create a new workout for that number. Pressing ENTER bypasses the number and proceeds to another number.

If a **PERSONAL TRAINER** workout has not been created for a selected number, the MESSAGE CENTER displays the prompt, "BEGIN PERSONAL TRAINER WORKOUT CREATION".

The MESSAGE CENTER displays a prompt to enter a duration time for the entire workout. Using the NUMERIC keypad, enter a duration and press ENTER.

The MESSAGE CENTER displays a prompt to select the workout type. Options are “TARGET HEART RATE PERCENTAGE” or “LEVEL”. The latter type is for custom hill workouts. Use the ARROW keys to toggle between the options, and press ENTER to select one of them.

The MESSAGE CENTER displays a prompt to select a target heart rate or an intensity level for the first interval, depending on the type of workout chosen in an earlier step. Use the ARROW keys or the NUMERIC keypad. A **PERSONAL TRAINER** workout consists of 30 intervals, so the length of each interval is equal to the workout duration value divided by 30. After entering the value, press ENTER. Repeat this set of steps for each of the following 29 intervals. To keep the preceding value for the current interval, simply press ENTER. At the end of this setup, the MESSAGE CENTER displays “PERSONAL TRAINER WORKOUT COMPLETED”. The new **PERSONAL TRAINER** workout is ready to use.

Press the ENTER key to set up another workout. OR
Press the CLEAR key. The MESSAGE CENTER will display “SELECT WORKOUT OR PRESS QUICK START”.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144.*

4.5 Using the Life Fitness Summit Trainer

Summit Trainer Motion

The Life Fitness Summit Trainer has a user-defined stride length with a maximum of 26 inches, or 66 centimeters. The unit features dependent stepping action, which means that the pedal movements are dependent upon each other from left to right and from lower body to upper body. The benefits of these features include:

- Variety of stride lengths to accommodate shorter and taller users and to allow for a variety of motions
- Pull-push hip and knee action, which simulates actual climbing
- Development of muscular strength and endurance
- Excellent cardiovascular exercise

Posture During Workouts

Begin stepping at a comfortable pace, taking either full or short steps, and keeping the back straight. Hold the handrails, the bullhorns, or the moving arms. It should be noted that resting on the handrails for support can offload weight and cause the Life Fitness Summit Trainer console to give inaccurate readings of calories burned.

There are five different body positions that can be used to activate different muscle groups.

1. **Upright, Lower Body.** With hands on handrails, maintain an upright, plumb-line position with your ears over shoulders, shoulders over hips and knees in line with toes. This upright posture promotes shorter strides. This position is good for beginners and recovery from advanced positions.
2. **Upright, Total Body.** With hands on moving arms, maintain an upright, plumb-line position as described above with your ears over shoulders, shoulders over hips and knees in line with toes. Keep your hips square to the console. This position is good for all levels and recovery from advanced positions.
3. **Forward Lean, Lower Body Only.** With hands on handrails, bend forward at hips and maintain an erect spine and lower body alignment. This position is good for intermediate to advanced users and recovery from advanced positions.
4. **Forward Lean, Total Body.** With hands on moving arms, bend forward at hips and maintain an erect spine and lower body alignment. The arms facilitate the leg movement, while the upper body push and pull encourages longer strides. This position is good for intermediate to advanced users.
5. **Racing Position, Lower Body Only.** With hands on the bull horns or elbows resting on the handrails, achieve a racing position by bending forward at hips while maintaining a flat back and lower body alignment of the knees and toes. This forward position promotes maximum stride length and hip extension. This position is good for advanced users for a short period of time.

Braking Resistance

The Life Fitness Summit Trainer features speed-independent braking resistance. During a workout, the computer maintains a braking resistance that corresponds to the selected intensity level, regardless of the user's speed.

5 System Options Menu

5.1 Using the System Options Menu

Fitness club managers and other authorized personnel can use the Systems Options feature to change default settings, or to enable or disable certain programs or displays on the Life Fitness Summit Trainer console, to run systems checks, and to access compiled statistics.

To enter the Systems Options, go to the Workout Selection screen, press and hold the COOLDOWN key, and then touch the Life Fitness icon twice consecutively (double-touch).

System Options Overview

System Test

Allows technicians to run systems diagnostics. **NOTE:** These tests should only be used by (or with the express instruction of) a trained Life Fitness service technician.

System Diagnostics	Telemetry Test
Lifepulse Test	CSAFE Network Test
EEPROM Test	

Information

System usage statistics on main motor. Allows authorized personnel to access statistics on machine usage (Statistics and Usage Log). All other information is designed for use by trained Life Fitness service technicians.

Statistics	Software Versions
System Errors	Usage Log

Configuration

Allows access to all of the configurable settings of the unit. Configurations which should only be changed by qualified technicians are password protected.

Manager	Touch Screen Configuration
Manufacturer (password protected)	TV / FM Radio (if detected)
Export / Import Settings	Clock

5.2 CONFIGURATION MENU

1) MANAGERS CONFIGURATION 1

Manager's Configuration accesses defaults for Workout Duration Configuration, Language, User Language, Program Timeout, Units (English or Metric), System Beeps, Pause Time, Marathon Mode, Custom Message Setup, and Stand By Configuration.

SETTING	DEFAULT	DESCRIPTION
LANGUAGE	ENGLISH	The language of the Message Center display. Choices include English, German, French, Italian, Japanese, Dutch, Spanish, Portuguese, Korean, Russian, Turkish, Traditional Chinese and Simplified Chinese.
USER LANGUAGE	OFF	This option, if enabled, gives users the ability to select a language for use during a workout. See the topic entitled User Language, in this section.
ENGLISH/METRIC UNITS	ENGLISH	The measurement unit type for weight and distance.
WORKOUT DURATION	60 (minutes)	This feature enables fitness club managers to set workout duration limits. See the topic Section 5.1, Workout Duration Configuration.
STANDBY CONFIGURATION	ON, 2(hours)	Inactivity Timer: Enables the LCD screen backlight to be turned off due to inactivity. See Section 5.1, Standby Configuration.
PAUSE TIME	1 (minute)	The amount of time the unit can be inactive before it reverts back to the Welcome Screen.
CUSTOM MESSAGE SETUP	ENABLED	See Using the Custom Message Setup in this section.
PROGRAM TIMEOUT	60 Seconds	The amount of time the user can go without touching the Touchscreen during workout setup, before the unit returns to the Welcome Screen

TO SET DEFAULTS

Either select appropriate radio buttons to select toggle settings, or use the arrow keys to modify variable default values. Select DEFAULTS to return all values to original factory settings.

Maximum Workout Duration: Allows the manager to set a maximum workout limit between 1 and 99 minutes. The time can be modified using the up or down arrow keys. The unit default is 60 minutes.

Standby Configuration: Sets the desired amount of time of inactivity before the system automatically turns the LCD screen backlight off. The LCD screen will illuminate the next time activity is detected. The Inactivity Timer can be set from 0 to 24 hours.

Program Timeout: Sets the amount of time the user can go without touching the Touchscreen while setting up their workout, before the console resets back to the Welcome Screen. Program Timeout can be set from 20 to 255 seconds. The unit default is 60 seconds.

Pause Time: Sets the amount of time the unit can be inactive before it reverts back to the Welcome Screen. Pause Time can be set from 1 to 99 minutes. The unit default is 1 minute.

Units: Choose between English and Metric.

Custom Messages

This configuration allows for a custom message to be displayed across the Welcome Screen.

Creating/Changing a Custom Message — After entering the Manager's Configuration, check to make sure that Custom Message is enabled, then select CUSTOM MESSAGE SETUP. Upon entering the setup screen, a message can be entered using the on-screen keyboard. Use the Shift button to input special characters and capital letters. The message will scroll across the top of the screen as the message is being inputted giving real-time feedback.

Accepting a Custom Message — To accept the Custom Message, simply select the MAIN MENU button.

Erasing a Custom Message — To erase a Custom Message, enter the CUSTOM MESSAGE SETUP screen. Select the CLEAR MESSAGE button and then select MAIN MENU.

User Language

To enable the User Language option, select the User Language button to enter the User Language Setup screen. Toggle the mode from disabled to enabled. Choose the languages to be available for user interaction.

After touching the Welcome Screen to begin, the User Language Selection screen will appear requesting the user to choose a language or select Quick Start to begin a workout. Selecting a language is not necessary to begin a workout. Simply press the Quick Start key to start a workout. The unit will return to the Welcome Screen if a language or Quick Start is not selected within the default program timeout period.

The following languages are available:

English, German, French, Italian, Japanese, Dutch, Spanish, Portuguese, Korean, Russian, Turkish, Traditional Chinese, and Simplified Chinese.

Units

Toggle the default units displayed between English and Metric. Choose "User Selectable" to allow users to choose desired units on-screen during a workout.

Marathon Mode

Marathon Mode has no preset or setable goal. It allows the user to workout indefinitely. If enabled, a workout in Marathon Mode ends only if the user chooses to end it.

2) TV / FM Radio (if detected)

Brings up TV / FM Radio configuration screen, which is used to set and customize TV and FM radio reception options.

TV Setup

Opens the TV Setup screen allowing adjustment of brightness, contrast, saturation, and hue. Also allows choice of TV format, antenna setup, and channel setup.

To Set Up Channels: select Channel Setup; Auto, Start.

Audio Only option: Allows only the TV audio to be heard. TV video is disabled.

To Delete an Unwanted Channel: Choose Channel Setup; Manual, use the Channel Controls to choose the channel to be deleted, select delete, return the Channel Setup to Auto.

To Restore a Channel: Choose Channel Setup, Manual; use the Channel Controls to choose the channel to be restored, select Add, return the Channel Setup to Auto.

To Adjust Picture Setup: Brightness, Contrast, Saturation, and Hue can be adjusted by using the corresponding arrow buttons. To return to the unit defaults, select Default.

Max Volume Setup: Opens the Max Volume controls. (Headphones must be used for this function.) The upper set of arrows adjusts the volume capacity higher or lower, allowing clubs to compensate for average noise levels within. The maximum volume returns to this default after each workout.

The Volume Down, Volume Up arrows control the volume of the unit for the current usage. After each session ends, the unit resets to a mid-range volume corresponding to the maximum volume set up.

TV Format: Opens the TV Format window. Choose the appropriate country, TV format (NTSC-M, PAL-I, PAL-B/G, SECAM-L), and Audio format (M-Korea, B/G FM, D/K1, D/K2, D/K Mono HDEV3, D/K3, B/G NICAM, L NICAM-AM, I NICAM, D/K NICAM, D/K NICAM HDEV2, D/K NICAM HDEV3, BTSC-Stereo) from the provided listings. Select OK to accept the settings.

Frequency Tuning: Opens the Frequency Tuning window. Allows channel scanning through all available frequencies beginning at 45 MHZ. Begin a scan by selecting Start. Scroll through found channels using the Channel Up and Down arrow keys on the screen.

Channels can be fine tuned using the arrow keys located below the Frequency Tuning Start button. Use the Channel Up and Down arrow keys to select a channel to fine tune. Press the Fine Tuning arrow keys to adjust the frequency for the best possible picture.

Select OK to accept channels.

TV Channel Favorites

Opens the Favorite Channel configuration screen. Up to 9 favorite channels can be stored for quick access during a workout. This feature may be enabled or disabled.

NOTE: Setting channels using the auto channel setup procedure, as instructed in TV Setup, is recommended before attempting to setup favorite channels.

To Set Up a Favorite Channel: Select (touch) the enable radio button, select the radio button next to the input slot desired, select Enter Name, input the channel name using the keyboard display, select OK to accept the channel name, select the desired channel using the Up or Down ARROW Keys. Continue as desired to set up to 9 favorite channels. Select OK to set the channels to memory.

TV Channel Name/Sort

Opens the Channel Name / Sort configuration screen. Allows the facility manager to customize the TV channel list order. This feature may be enabled or disabled.

NOTE: Setting channels using the auto channel setup procedure, as instructed in TV Setup, is recommended before attempting to setup favorite channels.

To Set Up a Channel List item: Select (touch) the enable radio button, select the radio button next to the input slot desired, select Enter Name, input the channel name using the keyboard display, select OK to accept the channel name, select the desired channel using the Up or Down ARROW Keys. Continue as desired to set channel list. Select OK to set the channels to memory.

Validation: The validation checkbox enables or disables viewing of the channel in the list. Select the checkbox to enable the channel. If Channel Name / Sort and Channel Favorites are both enabled, channels not marked as valid (enabled) in Channel Name / Sort will be removed from Channel Favorites.

Channel Swap: To swap channels within the channel listing, select Channel Swap. Select the radio button next to the desired channel. The Channel Swap window will appear showing the channel selected for swapping. Use the Up or Down arrow keys to select the second channel to swap with the previous channel. Select the swap button to preview the channel swap information. Press OK to confirm the channel swap or Cancel to exit without swapping channels.

Secure Channel

Opens the Secure Channel Setup screen. If enabled, one existing input channel can be selected to be a dedicated channel for non-broadcast use. Select the Channel Change button to scroll up or down to the desired channel. Select the Name Change button to input a name for the secure channel using the the keyboard display.

If enabled, a password can be assigned to the channel further securing channel access.

Promo Channel Setup

Opens the Promo Channel Setup screen. If enabled, one existing input channel can be selected to be a dedicated channel for internal promotional broadcast use. Select the Channel Change button to scroll up or down to the desired channel.

Advanced Promo Channel Settings

When Promo Channel is enabled, the option becomes available to choose how Promo Channel may be configured when viewed in the attract screen.

If “Promo Channel Only” is selected, only the channel selected as the Promo Channel is available for display in the attract screen.

If “Allow User to Change Channel” is selected, users may change the channel displayed in the attract screen using the CHANNEL UP or DOWN arrow keys.

Within this option, the number of minutes before the TV display returns to the Promo Channel is set. Whether or not the unit starts up with the Promo Channel displayed can also be configured.

If “Start with Promo Channel” is not selected, the unit will startup and display the last channel selected by the user.

FM Radio Setup (if tuner is detected)

Opens the FM Radio Setup screen. The FM Radio feature may be enabled or disabled. If enabled, this screen can be used to set up, delete or restore preset FM radio channels. Preset channels may be enabled or disabled. If enabled, the seek forward and back buttons can be used during a workout to select from available preset channels. If disabled, the seek forward and back buttons can be used during a workout to select from all available channels with sufficient signal strength for the tuner to detect.

To Set Up Channels: Select Channel Setup; Auto, Start.

To Delete an Unwanted Channel: Choose Channel Setup; Manual, use the Channel Controls to choose the channel to be deleted, select delete, return the Channel Setup to Auto.

To Restore a Channel: Choose Channel Setup; Manual, use the Channel Controls to choose the channel to be restored, select Add, return the Channel Setup to Auto.

3) Custom Workouts

Brings up the custom workout configuration screen, which is used to edit any of the 6 custom workouts and to name the custom workout. Select the custom workout name to change the name of the custom workout. Select from two types of custom workouts: Level or Target Heart Rate. Level is selected if you want the workout level to change during the custom workout. The Target Heart Rate is selected if you want your Target Heart Rate goal to change during the custom workout. Select the workout time goal (total workout time) for your custom workout. Use the arrow keys at the right-hand side of the screen to change the value of the item (level or target heart rate percentage) for the given segment. The number of intervals is always 30. for Level workouts, the length of each interval equals the selected duration divided by 30. For Target Heart Rate workouts, you can have up to 30 different target heart rate goals. Once you reach the current segment's target heart rate goal the workout will activate the next segment's target heart rate goal.

For Level workouts, each interval is identified by the time at which it occurs during the workout. For target heart rate workouts, each interval is identified by a number (1 - 30). If Level is selected, a graph shows up displaying each interval. For Target Heart Rate workout one graph shows up displaying each interval. To change intervals use the arrow keys under the word Interval.

You can save your custom workout after editing by pressing the OK button. Press the Cancel button if you do not want to save the custom workout. Press the Clear Workout button to erase the custom workout.

4) Touch Screen Configuration

Follow the instructions on the screen to recalibrate the Touchscreen. When finished touch anywhere on the screen to return to the Main Menu.

5) Export / Import Settings

Brings up the Export / Import Settings screen which is used to import or export manager and manufacturer configurable settings. This can be advantageous when many or all optional features are enabled and configured.

To Export Settings: Turn the unit off at the power switch. Remove the eight screws securing the front console to the rear. Carefully tilt the front console forward exposing the console circuit board. Carefully insert a Compactflash™ card into the available slot. Carefully set the console front onto the rear console. Turn the unit on at the power switch. Enter the Export / Import Settings through the Configuration Menu. Select “Export Settings To Flash Card”. Upon notification, turn the unit off at the power switch. Unplug the Compactflash™ card. Reposition the front console onto the rear console and secure them together using the eight previously removed screws. Turn the unit on at the power switch.

To Import Settings: Turn the unit off at the power switch. Remove the eight screws securing the front console to the rear. Carefully tilt the front console forward exposing the console circuit board. Carefully insert a Compactflash™ card into the available slot. Carefully set the console front onto the rear console. Turn the unit on at the power switch. Enter the Export / Import Settings through the Configuration Menu. Select “Import Settings From Flash Card”. Upon notification, turn the unit off at the power switch. Unplug the Compactflash™ card. Reposition the front console onto the rear console and secure them together using the eight previously removed screws. Turn the unit on at the power switch.

NOTE: It is important to turn the unit off before inserting or removing the Compactflash™ card.

NOTE: Exported setting information is product specific. Treadmill settings can only be imported into other, same model treadmills. Treadmill settings cannot be used to update settings of any other product.

NOTE: This method is not recommended for the setup of basic TV or FM channels. See TV Setup or FM Radio Setup to set basic channel configuration.

6) Clock

To Set the Clock/Date: Use the up and down arrows to set the time, and then select the AM or PM button. To set the date, use the Previous Month and Next Month buttons to bring up the correct month and year on the calendar. Touch the appropriate day on the calendar. Select OK to accept. Select Cancel to decline changes, and to return to the Main Menu.

6.2 Preventive Maintenance Schedule

Follow the schedule below to ensure proper operation of the product.

6 Service and Technical Data

6.1 Preventive Maintenance Tips

The Life Fitness Summit Trainer is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness products have proven to be durable in health clubs, colleges, and military facilities the world over. This same technology, engineering expertise, and reliability have gone into the Life Fitness Summit Trainer.

NOTE: The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.

REMARQUE : pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.

The following preventive maintenance tips will keep your Life Fitness Summit Trainer operating at peak performance:

- Locate the Life Fitness Summit Trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Life Fitness Summit Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia, chlorine, or acid-based cleaners.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and moving arms thoroughly on a regular basis.

NOTE: When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth and then wipe the unit.

6.3 TROUBLESHOOTING THE POLAR® HEART RATE CHEST STRAP

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	Clean	Inspect		
Console Mounting Bolts			Inspect	
Accessory Tray	Clean	Inspect		
Frame	Clean			Inspect
Plastic Covers	Clean	Inspect		
Pedals	Clean	Inspect		

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see section 3.2).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see section 3.2).
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Life Fitness Customer Support Services* for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from television sets and/or antennas.	Move the cross-trainer a few inches away from the probable cause, or move the probable cause a few inches away from the cross-trainer, until the heart rate readings are accurate.
	Electromagnetic interference from cell phones.	
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

6.4 Troubleshooting the LifePulse System Sensors

If the heart rate reading is erratic or missing, do the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to all four sensors, located at the front and back of the hand grips.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

6.5 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate the serial number plate, which is at the back end of the unit. Document the serial number, which consists of three letters followed by six numerals.
3. Contact Life Fitness Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Life Fitness Customer Support Services group:

For Product Service within
the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service Internationally:

Life Fitness Europe GmbH
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FAX: (+49) 089.317.751.38

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7 SPECIFICATIONS

7.1 LIFE FITNESS 95Le SUMMIT TRAINER

Designed use:	Heavy/Commercial
Maximum user weight:	400 pounds / 182 kilograms
Power Requirements:	Refer to Section 1.3 - *Setup, Electrical Power Requirements*
Upper Touchscreen:	12.1 in. Diagonal, 800 x 600 TFT LCD
Channel coverage:	VHF: 2-13/UHF: 14-69/CATV: 1-125
Antenna:	75-ohm external antenna terminal for VHF/UHF (>43dBuV (@75ohm) or > 65.8dBm)
Headphone Jack:	300 milliwatt, 3.5mm Stereo
Broadcast Capabilities:	NTSC-M or PAL-I, PAL-B/G, SECAM-L
Control Panel:	Arrow keys, screen lock and unlock, Cooldown, Quick Start, and TV controls.
Screens:	Workout Selection, Workout Setup and Workout Progress Screens
Information Displayed:	Distance, Mode (Aerobics), Calories, CAL/HR, *Watts, METs, Elapsed Time (or Remaining Time, or Hidden Time), Time in Zone, Level, Speed, and Target Heart Rate (for heart workouts), TV (on, zoom).
Summaries:	Total elapsed time of workout, total calories burned, total distance, and time in zone (when applicable.)
Workouts:	Quick Start, Fat Burn, Manual, Random, Cardio, and Hill. Zone Training including: Heart Rate Hill, Heart Rate Interval, and Heart Rate Extreme. Hill Plus including: Around the World, Foothills, Kilimanjaro, Interval, Cascades, and Speed Training. Personal Trainer including: Cross-Train Aerobics, and Life Fitness Fit Test.
Heart rate monitor:	Lifepulse system sensors and Polar® telemetry heart rate monitoring system Polar® heart rate chest strap: optional
Resistance Levels:	26 (0 to 25, speed-independent)
Pedal speed range:	0.5 mph-5.8 mph (0.8 km/h-9.3km/h)
Drive type:	Belt/alternator
Accessory Tray:	Standard
Integrated Reading Rack:	Standard
Color:	Silver with gray accents
Ports (1):	Type RJ45 Network ready connection
CATV (1):	F-type connector

PHYSICAL DIMENSIONS:

Length:	68 inches / 172.7 centimeters
Width:	33 inches / 83.82 centimeters
Height:	73 inches / 185.42 centimeters
Weight:	351 pounds / 159.54 kilograms

SHIPPING DIMENSIONS:

Length:	85.75 inches / 217.8 centimeters
Width:	29.25 inches / 74.3 centimeters
Height:	50.75 inches / 128.9 centimeters
Weight:	411 pounds / 186.81 kilograms

M051-00K68-A009

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